

HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

"Take Care Of Yourself"

VISION STATEMENT

Ten generations from now the members of our society will continue to be healthy spiritually, emotionally, mentally and physically through established awareness, education and prevention programs based on Nlaka'pamux traditions, culture and values complimented by modern medicines and methods. Hesk'wen'scutxe will consciously strive to realize its vision through communications, visibility in the communities, development of programs and continual improvement of the delivery of health services in these areas: home visits; home care for elders; youth companionship to elders; transportation; meals on wheels; community luncheons; and fitness center's.



MISSION STATEMENT

Serving the Cook's Ferry and Siska Bands, Hesk'wen'scutxe Health Services will direct energies into the well-being of our people through the use of traditional Nlaka'pamux and modern medicines/method; we are working to end our people's dependencies and empowering Nlaka'pamux towards rebuilding healthy families and communities.

JANUARY
2018

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INSERTS:

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- ⇒ Colorings
- ⇒ Puzzles





COOKS FERRY & SISKA NURSING SERVICES



Nursing Services Available **MONDAY–FRIDAY**

Nursing Services:

- ◆ Immunization (all ages)
- ◆ TB Testing
- ◆ HIV/STD Counselling
- ◆ Birth Control Counselling
- ◆ Pregnancy Testing
- ◆ Prenatal Education Care
- ◆ Newborn Education/Care
- ◆ Breastfeeding Support
- ◆ Child Growth/Development Monitoring
- ◆ Blood Pressure Monitoring
- ◆ Diabetes Counselling
- ◆ Weight Loss Counselling
- ◆ Wound Care
- ◆ Home Care

Also Available:

- ◆ Infant Weight Scale
- ◆ Adult Weight Scale
- ◆ Prenatal Vitamins*
- ◆ Infant Vitamin D Drops*
- ◆ Breastfeeding Supplies* (breast pump, nursing pads, lanolin cream)
- ◆ Plug Protectors
- ◆ Children Toothbrushes
- ◆ Children's Vitamins*
- ◆ Head Lice Shampoo & Combs*
- ◆ Condoms

ONLY AVAILABLE FROM THE NURSE.

To see a nurse contact Martha at the office to book a home or clinic appointment.

Lisa Colwell, LPN

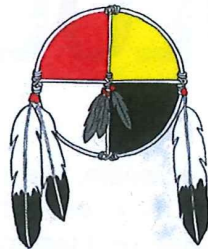
HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

3691 Deer Lane P.O. Box 188 Spences Bridge, BC V0K 2L0
Cooks Ferry:(250) 458-2212 Client Toll Free:1-866-458-2212
Siska:(250) 455-6601 Client Toll Free:1-844-255-6601

HHSS Home and Community Care Program

What services are provided?

- Palliative care (specialized care aimed at providing relief from the symptoms and stress of serious illness)
- Home support (assistance with nutrition, hygiene, and bathing)
- Referral to dietitians, physiotherapists, and occupational therapists
- Transportation to medical appointments
- Medication administration
- Ostomy and catheter care
- Blood pressure monitoring
- Diabetes care
- Wound care
- Foot care
- Post-surgical care



How can I access these services?

1. Call Heskwen'scutxe Health Services Society to book a home visit.
2. At the first home visit, usually 1 to 2 hours, a nurse will develop a care plan specific to your individual needs.
3. HHSS staff will be scheduled to provide services based on this care plan.
4. We are here to support you and you have the right to accept or refuse any of the care that we offer.



January 9th
Cooks Ferry

January 10th
Siska

REFLEXOLOGY

The focus of the session

Regardless of your health condition, for example, migraine, nausea, sciatica, etc., the reflexologist focuses on the entire pattern of the reflexology therapy, starting at the toes and working down the foot. A complete reflexology therapy session uses many different techniques and includes all of the points on both feet and perhaps the hands and ears.

By working all of the points, the reflexologist addresses internal organs and glands as well as muscle groups, bones, nerve ganglions (solar plexus, brachial plexus) and nerves (sciatic) during a session.

If you have a specific condition, such as migraines, the reflexologist will carefully feel and work the area corresponding to the presenting problem. However, they will also work all areas of the foot with gentle pressure, because, according to reflexology theories, this allows the nerve pathways and congestion to release and promotes the relaxation response for the entire body.

REFLEXOLOGY

REFLEXOLOGY IS AN ALTERNATIVE MEDICINE INVOLVING APPLICATION OF PRESSURE TO THE FEET AND HANDS BASED ON A SYSTEM OF ZONES AND REFLEX AREAS THAT PURPORTEDLY REFLECT AN IMAGE OF THE BODY ON THE FEET AND HANDS, WITH THE PREMISE THAT SUCH WORK EFFECTS A PHYSICAL CHANGE TO THE BODY.

REGARDLESS OF YOUR HEALTH CONDITION(S) (FOR EXAMPLE, MIGRAINE, NAUSEA, SCIATICA, ETC.), THE REFLEXOLOGIST FOCUSES ON THE ENTIRE PATTERN OF THE REFLEXOLOGY THERAPY, STARTING AT THE TOES AND WORKING DOWN THE FOOT. A COMPLETE REFLEXOLOGY THERAPY SESSION USES MANY DIFFERENT TECHNIQUES AND INCLUDES ALL OF THE POINTS ON BOTH FEET (AND PERHAPS THE HANDS AND EARS).

HESKW'EN'SCUTXE



Health Services Reflexology
service trial, starting
November 7th & 8th

Other dates in November &
December to be announced

Call for an appointment:
Siska: 250 455-6601
Cooks Ferry: 250 458-2212

FOOT CARE NURSING - OFFERED BY HHSS

Lisa has completed a comprehensive foot care nursing course and will be calling clients to book appointments. Thank you for your patience while HHSS re-organizes the foot care program.

Know the signs (click photos to enlarge)	Are your feet...	What can you do?
	<ul style="list-style-type: none"> • Numb, painful or tingling? • Do your feet feel like blocks of wood? 	<ul style="list-style-type: none"> • Control your blood glucose (sugar) levels. • Have a health-care professional trim your toenails and care for the skin on your feet. • Have your shoes professionally fitted.
	<ul style="list-style-type: none"> • Changing shape? • Is one foot different than the other? • Any change is important. 	<ul style="list-style-type: none"> • Avoid too much walking. • Visit your health-care professional as soon as possible. • Have your shoes professionally fitted.
	<ul style="list-style-type: none"> • Dry, callused or cracked? • Do they have sores or blisters? 	<ul style="list-style-type: none"> • Changes to your skin should be seen by a health-care professional. • Wash a sore or blister with warm water; dry well, and cover with a bandage. See a health-care professional today. • Avoid walking on your foot as it heals.



[Signs of Foot Problems | Diabetes Canada www.diabetes.ca](http://www.diabetes.ca)

Prevention is the best medicine. Being able to identify signs of foot problems can go a long way in preventing complications. Have your health care professional check ...

Please continue to check your feet every day for any changes or signs of injury.

If you have answered YES to any of these questions, please see a health-care professional as soon as possible. Be sure to tell him/her that you have diabetes. Avoid using over-the-counter treatments unless directed to by a health-care professional.

Heskw'en'scutxe Health Services Society now has telehealth in the Cook's Ferry office!

What is telehealth?

Telehealth is the delivery of health care services through live, interactive videoconferencing. Telehealth allows you to see and speak to your doctor (or other health care service provider) without you having to travel away from home.

How is telehealth different from my regular in-person doctor's appointment?

Your telehealth appointment is the same as your regular doctor's visit. The only difference is that you will see and speak to your doctor via videoconferencing! If you have ever used Skype or FaceTime, this is very similar to how telehealth works. Just speak normally as if you are having an in-person conversation. You should be able to see and hear your doctor clearly.

Can all my appointments be via telehealth?

Telehealth works best if most of the appointment is a conversation between you and your doctor. There is some special equipment that can help a doctor examine you more closely. When this is required a nurse or someone working in the health centre will accompany you during your appointment.

- Not all types of appointments are suitable for telehealth. If careful physical examination is required for your appointment to take place then an in-person or face-to-face visit may still be required.

Can a friend or family member be with me during my telehealth appointment?

Yes. If you are more comfortable having a friend, family member or your Community Health Representative (CHR) attend the appointment with you – you can also include them. There may also be times when a nurse needs to accompany you during your telehealth appointment. You should know ahead of time if a nurse needs to be present.

What if I am having technical difficulties during my appointment?

If you are uncomfortable using telehealth or if you experience any difficulties during your appointment please inform a health centre staff member and they will be able to assist you right away. You may end your appointment at any time during the session if you are not comfortable using telehealth.

Is there a cost to my telehealth appointment?

No. There is no additional cost to having your appointment by telehealth instead of in-person. As with your regular doctor's appointment, telehealth is covered by the Medical Services Plan (MSP) of BC. If your telehealth appointment is with another type of health care service provider there also should be no additional cost.

How is my privacy protected?

Your privacy is important to us. Telehealth appointments take place in rooms that are also designed for in-person appointments. Your appointment takes place in real time and is not recorded. The equipment is all on a secured network that meets the same privacy and security standards as the telehealth equipment you find in a hospital.

What should I know before my first telehealth appointment?

Your telehealth appointment is very similar to an in-person appointment. On the arrival at the health centre, you will check-in like you normally do. A staff member (e.g. nurse or CHR) will bring you to the telehealth room and make sure that the call connects with your doctor. Once the session has started you can choose for the staff member to stay with you during your session or you may ask them to leave.

- If the doctor requires a closer physical examination the nurse may need to stay in order to use the special equipment.
- If your doctor needs to write a prescription or requests additional testing (e.g. X-ray, lab tests) these will be sent to the health centre.
- You may end your appointment at any time during the session if you are not comfortable using telehealth.



First Nations Meditech Access Program FAQ

Background: The goal of the First Nations Meditech Access Program is to enable Health Professional's timely access to health information. Timely access to health information can support continuity of care for community members.

What is Meditech?

Meditech is like a paper chart except it is Electronic. Because it is electronic it can be available to all of the IH care providers (e.g. Nurses/Lab/Counsellors/Radiology/Doctors) at hospitals and community health centers once they log onto the Meditech system.

Why do FNHSO's need access to Meditech?

- Health Professionals have not had access to the Meditech system in the past. As a result, Health Professionals are not able to fully support community members when they are in or, once they have been discharged from hospital.

How do FNHSO's benefit from access to Meditech?

- Health Professional's access to Meditech enable them to provide support and advocate for community members as they are in (or recovering from) their stay in the hospital.

Examples of how Health Professionals access to Meditech might help a community member?

- A. A community member is admitted to the hospital for an operation. Once the community member goes home nurses don't have any information about what operation they had, how to look after them, or if there is any specific follow up they can help with. Access to Meditech will help the nurses provide the community member with better care while they are recovering from their operation.
- B. A community member is admitted to the hospital and are concerned about their care. They ask for assistance from the FNHSO nurses, however they will not know how to best support the community member if they don't know the reason they are in, the plan of care, or discharge arrangements. Access to Meditech will help the nurses advocate for and support better care by knowing what has happened.
- C. A community member is admitted to the hospital and wants assistance with care, discharge follow up, or counselling support after a mental health crisis. Professional Mental Health staff are able to support the community member while in the hospital, or post discharge with referrals and/or counselling.

For More Information Please Contact: FNMAP Program Lead: Adrienne Lewis at:
Adrienne.Lewis@FNMAP.ca

Side Effects of Drugs & Alcohol

Health effects of Cocaine

Cocaine increases levels of the natural chemical messenger *dopamine* in brain circuits controlling pleasure and



movement. This flood of dopamine ultimately disrupts normal brain communication and causes cocaine's high.

Short-term effects include: constricted blood vessels, nausea, faster heartbeat, extreme happiness and energy, irritability and paranoia

Long-term effects include: nosebleeds, severe bowel decay, higher risk of contracting HIV, hepatitis C, other bloodborne diseases,

malnourishment. Restlessness and severe paranoia with auditory hallucinations

A person can overdose on cocaine, which can lead to death.

Health Effects of Heroin:

Heroin is an opioid drug made from morphine, a natural substance taken from the seed pod of the various opium poppy plants



Short-term

Euphoria; warm flushing of skin; dry mouth; heavy feeling in the hands and feet; clouded thinking; alternate wakeful and drowsy states; itching; nausea; vomiting; slowed breathing and heart rate.

Long-term

Collapsed veins; abscesses (swollen tissue with pus); infection of the lining and valves in the heart; constipation and stomach cramps; liver or kidney disease; pneumonia.

Other Health-related Issues

Pregnancy: miscarriage, low birth weight, neonatal abstinence syndrome.

Risk of HIV, hepatitis, and other infectious diseases from shared needles.

Side Effects of Drugs & Alcohol

Fentanyl is a drug that can be severely harmful, or even fatal

Fentanyl is an extremely potent opiate, significantly stronger than morphine and even oxycodone (which is notoriously abused). On the street.

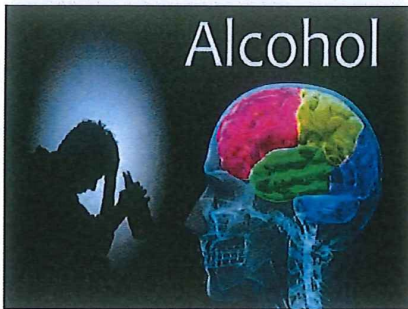
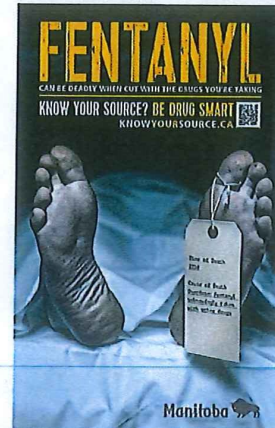
Side Effects

Nausea, Vomiting, Constipation, Altered heart rate, Slowed breathing rate, Confusion, Hallucinations, Weakness, Sweating, Itchy skin, Constricted pupils and Seizures.

The Effects of alcohol on the Body

When you drink alcohol, it's absorbed into your bloodstream and affects every part of your body. In the long term, this can put your health at serious risk.

Pancreatitis is a life-threatening condition. One of the most common causes of chronic pancreatitis is alcoholism.



Alcohol must pass through the liver. Chronic alcohol abuse overwhelms the liver so it can't break down harmful substances. Alcohol interferes with your body's ability to use the nutrients and vitamins in the foods you eat.

Impaired judgment may be the result of a shrinking brain.

Slurred speech is one of the first signs that you've had too much to drink.

A damaged digestive tract may not work efficiently, leading to bouts of diarrhea.

Numbness and pain in the hands and feet might be the result of

damage to your nervous system.

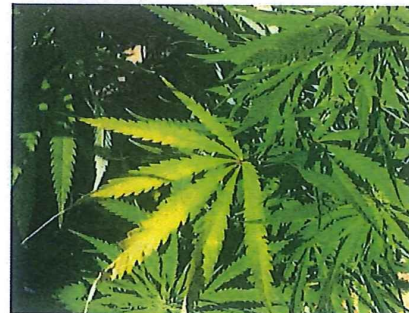
Heavy drinking can mess with your heart rhythm or even damage your heart muscle.

People who drink a lot are more susceptible to lung infections like tuberculosis.

Marijuana use may have a wide range of effects, both physical and mental, which include: altered senses, changes in mood, impaired body movement, difficulty with thinking problem-solving, impaired memory and learning.

A marijuana overdose doesn't lead to death but can cause some very uncomfortable side effects, such as unease and shaking and, in rare cases, an extreme psychotic reaction.

Marijuana can lead to a substance use disorder, which takes the form of addiction in severe cases.



**Door
Prizes!**

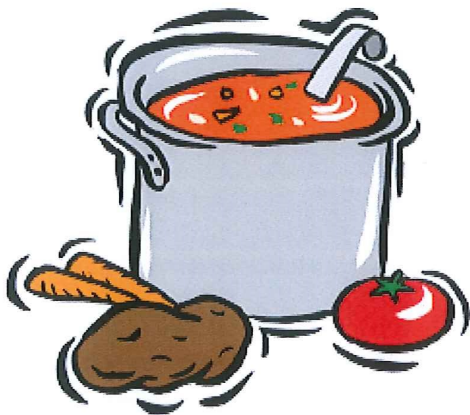
Soup Day

łaxáns-méyt séysilt^w
("Invite for Soup")

Hesk^w en'scutxe
Health Services
Society

EVERYONE IS WELCOME TO COME!

- Fun Activities & Prizes
- Visit with friends, family & community members
- Enjoy a Hot Bowl of Soup & a Bun
- Door Prizes to be won (Must attend to win door prizes)



COOKS FERRY

January 25th, 2018

4:30pm - 6:30pm

Cooks Ferry Band
Community Hall

SISKA

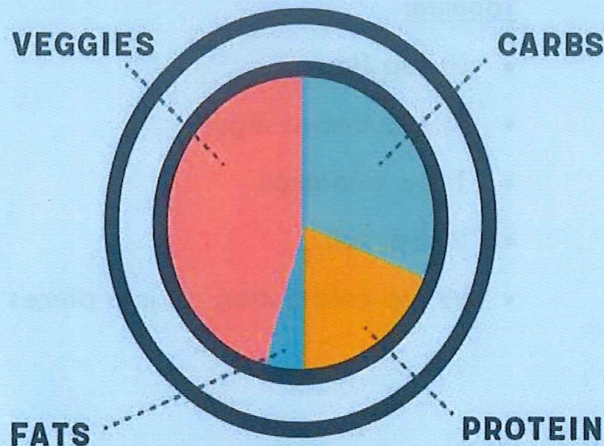
January 23rd, 2018

4:30pm - 6:30pm

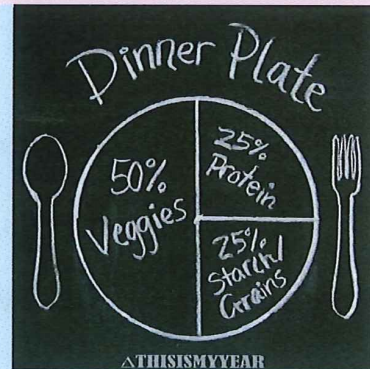
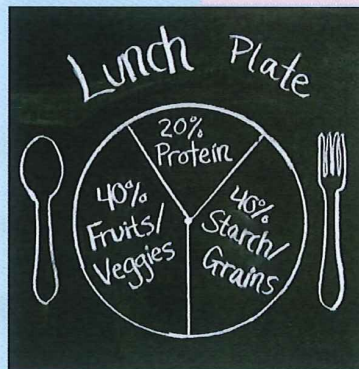
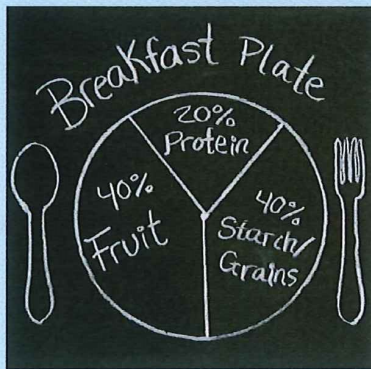
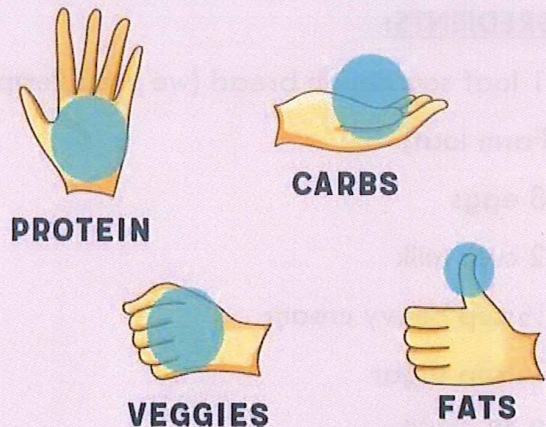
Siska Indian Band
Community Hall

Portion Control IN 3 EASY STEPS

REMEMBER YOUR FRACTIONS



EAT WITH YOUR HANDS



KEEP IT SIMPLE

- PROTEIN**
 CHICKEN BREAST
 LEAN BEEF
 GROUND TURKEY
 EGGS
 LEAN PORK
 FISH

- VEGGIES**
 BROCCOLI
 LETTUCE
 CARROTS
 ASPARAGUS
 CABBAGE
 GREEN BEANS

- CARBS**
 BROWN RICE
 QUINOA
 FRUIT
 SWEET POTATO
 OATMEAL
 WHEAT PASTA

- FATS**
 CHEESE
 MILK
 YOGURT
 AVOCADOS
 OLIVE OIL
 NUT BUTTER



French Toast Bake



INGREDIENTS:

- 1 loaf sourdough bread (we used Pepperidge Farm loaf)
- 8 eggs
- 2 cups milk
- 1/2 cup heavy cream
- 3/4 cup sugar
- 2 TB vanilla

Topping:

- 1/2 cup flour
- 1/2 cup brown sugar
- 1 tsp. cinnamon
- 1/4 tsp. salt
- 1/2 cup cold butter, cut into pieces

DIRECTIONS:

1. Cut loaf into cubes and place evenly in a greased 9x13 pan.
2. In a bowl, mix together eggs, milk, heavy cream, sugar and vanilla. Pour evenly over bread.
3. Cover your pan with Saran Wrap and refrigerate overnight.
4. Mix together flour, brown sugar, cinnamon, and salt in a medium bowl.
5. Cut in butter with this mixture until crumbly and place in a Ziploc bag and refrigerate overnight as well.
6. Take pan and Ziploc out when ready to bake. Sprinkle crumbly mixture evenly over the bread.
7. Bake at 350 for 45 minutes to 1 hour depending on how soft you like it.

https://lilluna.com/french-toast-bake/?hc_location=ufi



Quinoa & Lentil Stuffed Vegan Cabbage Rolls



Prep Time: 30 Mins	Cooks Time: 1 Hr 45 Mins	Total Time: 2 Hr 15 Mins	Servings: 4 people	Calories: 330
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INGREDIENTS:

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> • 1 head of green cabbage see note For the Filling • 3/4 cup brown lentils • 3 cups water • 1/2 cup uncooked quinoa | <ul style="list-style-type: none"> • 1 cup vegetable broth • 1 small onion, diced • 1 tablespoon vegetable oil • 1 tablespoon red wine vinegar • 2 tablespoons soy sauce • 1 teaspoon smoked paprika | <p>For the Sauce:</p> <ul style="list-style-type: none"> • 1 (28 ounce) can tomato puree • 1 tablespoon maple syrup or sweetener of choice • 1 1/2 teaspoons red wine vinegar • salt and pepper to taste |
|--|--|---|

DIRECTIONS:

1. Place about 3 inches of water into a large pot and add cabbage. Place over high heat. Bring to a boil, lower heat and cover. Allow to steam until leaves peel off easily, about 20 minutes. Remove from heat and allow to cool for a few minutes.
2. While the cabbage steams, begin preparing the filling. Place the water into a small saucepan and add lentils. Bring the water to a boil, lower heat and allow to simmer until lentils are just fully cooked, about 35 minutes, adding water to the pot as needed. When lentils are finished cooking, drain any excess liquid.
3. While the lentils simmer, place broth into a small saucepan and add quinoa. Place over high heat and bring to boil. Lower heat, cover and allow to simmer until all of the water is absorbed, about 20 minutes. Remove from heat and allow to sit with the lid on the pot for 5 minutes.
4. Coat the bottom of a large skillet with oil and place over medium heat. Add onion and cook until soft and translucent, about 5 minutes. Add 1 1/2 cups of the cooked lentils and 1 cup of the cooked quinoa, along with red wine vinegar, soy sauce, smoked paprika, salt and pepper to taste. Flip a few times just to combine the ingredients, then remove from heat.
5. Preheat the oven to 350°.
6. Stir all sauce ingredients together in a small bowl, then distribute about 1/2 cup of the sauce into the bottom of 9 x 9 inch baking dish.
7. Peel a leaf off of the cabbage head and place it onto a work surface with the stem side facing you. Trim any very thick portions of the leaf near the base. Spoon 3 to 4 tablespoons of filling onto the center of the leaf. Fold the base side over the filling, then wrap the sides inward over the filling. Roll the center away from you to wrap everything up. Place the roll, seam side down, into the baking dish. Repeat until all of the filling is used.
8. Spoon remaining sauce over the rolls, cover and bake for 1 hour. Remove from oven and allow to cool for a few minutes before serving.

Recipe Notes: You only need a small head of cabbage for this, but in order to get the most large, easily rollable leaves, I suggest going with a large head and only using the larger, outermost layers of leaves. You can save the rest for another use.

<https://www.connoisseursveg.com/quinoa-lentil-stuffed-vegan-cabbage-rolls/>



Chewy Ginger Molasses Cookies



Prep Time: 10 Mins	Cooks Time: 10 Mins	Total Time: 20 Mins	Servings: 6 people	Calories: 477
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INGREDIENTS:

- 3/4 cup unsalted butter softened to room temperature, 12 tablespoons
- 1 cup granulated sugar
- 1/4 cup molasses I used Grandma's molasses
- 1 large egg
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/4 cup granulated sugar for rolling

DIRECTIONS:

1. Preheat oven to 375 degrees F.
2. Line a baking sheet with Silpat baking mat or parchment paper. Set aside.
3. In a large mixing bowl, beat butter for 30 seconds with electric mixer. Add sugar and beat for 3 minutes, until light and fluffy.
4. Add egg and molasses and beat on medium low speed just until combined.
5. In a medium mixing bowl, whisk together the dry ingredients: flour, baking soda, cinnamon, cloves, nutmeg, ginger and salt. Gradually add to the sugar molasses mixture and beat on low until combined.
6. Place 1/4 cup of sugar in a shallow bowl. Scoop cookie dough with a medium size (1 and 1/2 tablespoons) cookie scoop and place directly on the sugar. Roll few times and then form into a ball in your hands. Place on a cookie sheet, leaving about 2" of space between cookies.
7. Bake cookies for 9 to 11 minutes (10 minutes was the magic number for me). Remove from oven and let cool 2 minutes on the sheet. Transfer cookies to cooling rack to cool completely.
8. Store in an air-tight container for up to a week.

Recipe Notes: The calorie count is for 4 cookies per person.

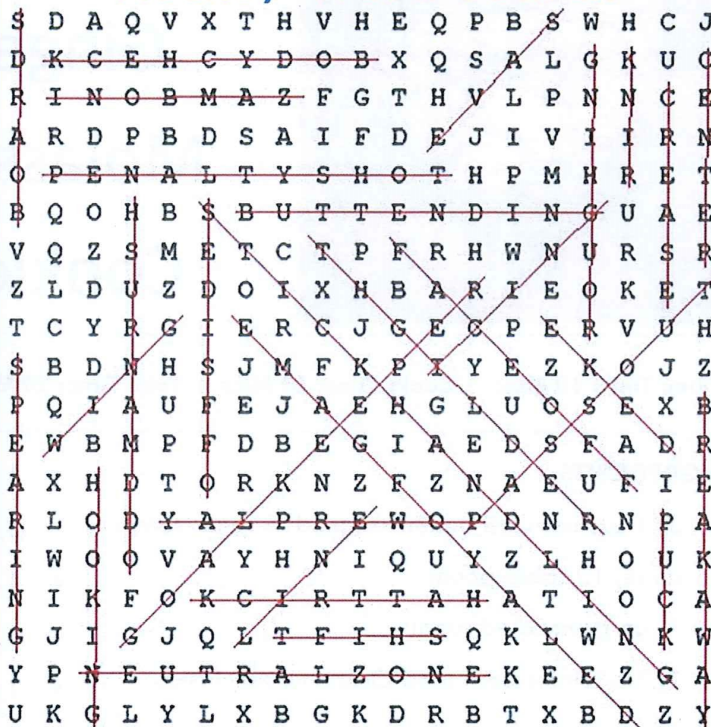
<http://www.crunchycreamysweet.com/chewy-ginger-molasses-cookies-recipe-card/>

Word List:

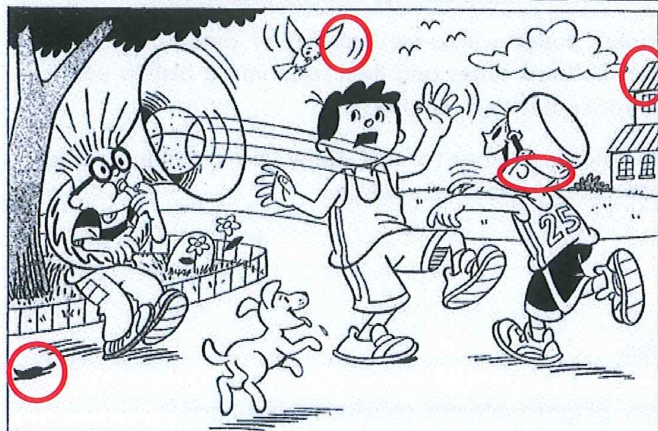
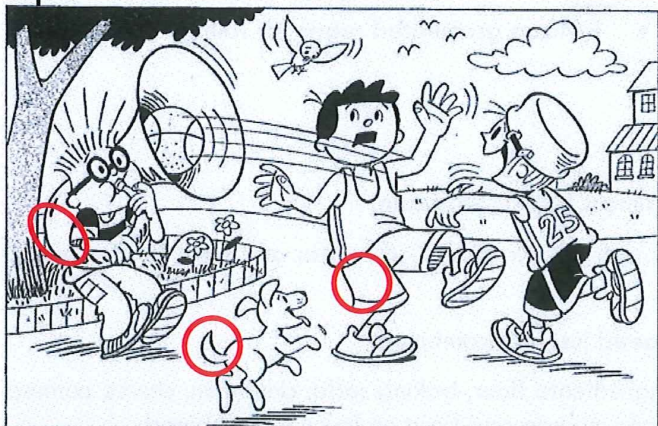
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|------------------|-------------------|
| 1. Boards | 18. Pass Out |
| 2. Body Check | 19. Penalty Shot |
| 3. Breakaway | 20. Power Play |
| 4. Butt Ending | 21. Puck |
| 5. Center | 22. Red Light |
| 6. Crease | 23. Rink |
| 7. Deke | 24. Roughing |
| 8. Delay Of Game | 25. Save |
| 9. Face Off | 26. Shift |
| 10. Goalkeeper | 27. Spearing |
| 11. Hat Trick | 28. Stickhandling |
| 12. Hooking | 29. Wing |
| 13. Icing | 30. Zamboni |
| 14. Line | |
| 15. Neutral Zone | |
| 16. Odd Man Rush | |
| 17. Offsides | |



Hockey Word Search



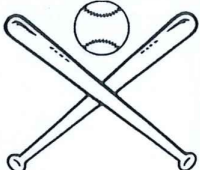
Spot the 7 differences



9	7	4	6	5	2	1	3	8
1	8	2	7	3	9	5	4	6
5	6	3	4	8	1	2	7	9
6	2	7	3	4	5	8	9	1
8	1	5	9	6	7	4	2	3
4	3	9	2	1	8	7	6	5
2	5	6	8	7	3	9	1	4
3	9	1	5	2	4	6	8	7
7	4	8	1	9	6	3	5	2

BASEBALL WACKY WORDIES

The game, as always, is to discover the familiar word or phrase represented by each arrangement of letters. For example, # 1 below depicts "Triple Play" Though we're not really playing hardball here, some of these Wacky Wordies might throw you a curve.

1 play play play	2 stop	3 b a s e b a l l	4 world, ...
5 inning inning inning inning inning inning inning	6 Field	7 hitter hitter hitter → hitter hitter	8 fly
9 pitcher's	10 the ninth	11 play	12 n d e c o k
13 _____drive	14 wind	15 paw	

1. Triple Play

5. 7th Inning Stretch

9. Pitcher's Arc

13. Line drive

2. Short Stop

6. Center Field

10. Bottom of the 9th

14. Up wind

3. Baseball Diamond

7. Pinch Hitter

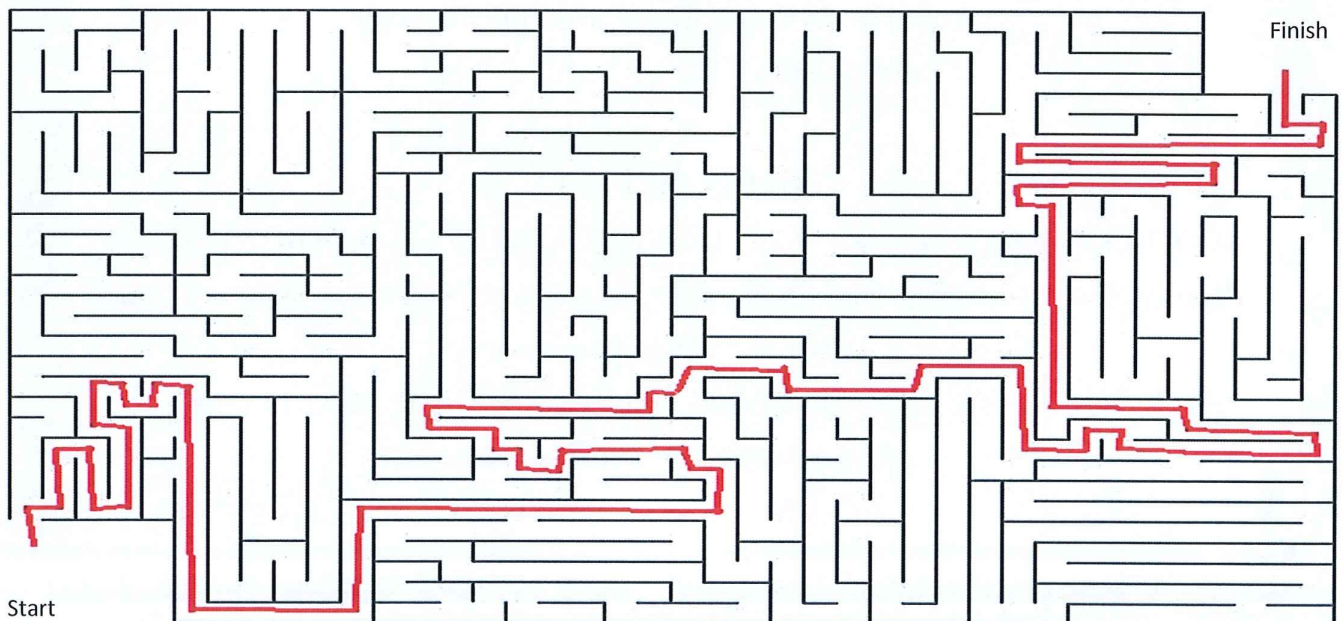
11. Pinch Play

15. South paw

4. World Series

8. Pop Fly

12. On deck circle



HHSS BOARD

Lorette Edzerza - Chairman • Director • Cooks Ferry Band • Appointed
Angela Phillips - Director • Siska Indian Band • Appointed
Philip Wilson - Director • Cooks Ferry Band • Appointed
Betsy Munro - Director • Siska Indian Band • Appointed

HHSS STAFF

Andrea Elliott - Health Manager
Kathrine Stegner - Management Support Assistant
Paige Munro - Finance • Administrative Assistant
Martha Van Dyke - Administrative Assistant • Patient Travel Clerk
Jaycee Isaac - Receptionist • Water Monitor • COHI Aide
Harvey Dunstan - Mental Health and Addictions
Erin Aleck, CHR - Community Health Representative
Lisa Colwell, LPN - Community Care Nurse
Jennifer Marinello, RN - Community Care Nurse
Jennifer Fields, CHA - Community Home Care Aid
Ashley Loring Earl, CHA - Community Home Care Aid
Danielle Munro - Transportation Support
Fred Charlie - Transportation Support

HHSS OFFICES

COOKS FERRY - Box 188 • 3691 Deer Lane • Spence's Bridge, BC • V0K 2L0
Phone: (250) 458-2212 • **Fax:** (250) 458-2213 • **Client Toll Free:** 1-866-458-2212

EMAIL: admin@hssbc.ca

SISKA - 163 Loop Road • **Phone:** (250)455-6601 • **Fax:** (250)455-6608

Client Toll Free: 1-844-255-6601



January 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>New Years Day</i>	2	3	4	5 IN SERVICE DAY OFFICES CLOSED	6
*AE - Andrea Elliott HD - Harvey Dunstan	OFFICES CLOSED (DEC 22, 2017 - JAN 2, 2018)					
7	8	9	10	11	12	13
	Beading - (S) 1:30 - 3 *AE - (S) HD - (CF)	Reflexology - (CF) *AE - (S) HD - (CF)	Reflexology - (S) *AE - (S) HD - (CF)		Patient Travel Cheques *AE - (CF) HD - (S)	
14	15	16	17	18	19	20
	Beading - (CF) 1:30 - 3 *AE - (CF) HD - (CF)	After School Art - (S) 3:30-5 *AE - (S) HD - (CF)		Soup Day - (CF) 4:30 - 6:30 *AE - (CF) HD - (S)	Healthy Food Box Patient Travel Cheques *AE - (CF) HD - (S)	
21	22	23	24	25	26	27
		After School Art - (S) 3:30-5 *AE - (S) HD - (CF)			Patient Travel Cheques *AE - (CF) HD - (S)	
28	29	30	31			
	*AE - (S) HD - (CF)	Soup Day - (S) 4:30 - 6:30 *AE - (S) HD - (CF)	*AE - (S) HD - (CF)			
	*AE - (CF) HD - (CF)	After School Art - (S) 3:30-5 *AE - (S) HD - (CF)	Shopping - (CF) *AE - (S) HD - (CF)			

*AE - Manager's schedule can fluctuate as needed to accommodate agenda items.

Water Testing - Every Wednesday in Siska.

(A) - Away
(CF) - Cooks Ferry
(S) - Siska

For information on any activities taking place this month or to make ride arrangements for events please contact the Office.

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Heskw'en'scutbe Health Services Society

"Take Care Of Yourself"

